

WHEN SURGERY
ISN'T ENOUGH >

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(osilodrostat) >

TALKING WITH
YOUR DOCTOR >

INSURANCE HELP
WITH R.A.R.E.™ >

CONNECTING
WITH OTHERS >

DISCUSSION GUIDE

for talking with your
endocrinologist about
managing cortisol levels

Surgery isn't always the end of
your Cushing's disease story...

Start a new chapter with



Isturisa®
(osilodrostat)

Indications and Usage

ISTURISA (osilodrostat) is used to treat adults with Cushing's disease who cannot have pituitary surgery, or who have had pituitary surgery, but the surgery did not cure their Cushing's disease.

Important Safety Information:

- **Hypocortisolism:** Treatment with ISTURISA may cause symptoms associated with low levels of cortisol in your blood (hypocortisolism). Tell your healthcare provider right away if you experience more than one of the following symptoms, as these may be symptoms of very low cortisol level, known as adrenal insufficiency: nausea, vomiting, tiredness (fatigue), low blood pressure, stomach (abdominal) pain, loss of appetite, dizziness. If you get symptoms of hypocortisolism while taking ISTURISA, your healthcare provider may change your dose or ask you to stop taking it.

Please see additional Important Safety Information throughout and the [Full Prescribing Information](#), including the Medication Guide.



A GUIDE MADE JUST FOR YOU

Cushing's disease can be an emotional journey. You know your body, and you know when something isn't right—but for years, you may not have known what it was. In that sense, your diagnosis may have been a relief. Finally, you had a reason for your symptoms.

While pituitary surgery is often the first step in treatment, it isn't always enough. If you're reading this, you may be at a point where you need to know about other options. Talking with a doctor is something that makes many people uncomfortable. We made this guide to help make that conversation easier.

This guide will help you get ready to talk with your endocrinologist about your symptoms, options, and treatment goals.

It also contains information about **ISTURISA® (osilodrostat)**, a medicine specifically made to treat Cushing's disease in adults by lowering cortisol levels.

CAN YOU RELATE?

"I'm worried that my Cushing's disease is coming back."

"I need more help managing my symptoms."

"I want to explore managing my Cushing's disease with medicine."

Important Safety Information: (continued)

- **Heart Problem or Heart Rhythm Problem:** ISTURISA may cause an irregular heartbeat which could be a sign of a heart problem called QT prolongation. Call your healthcare provider right away if you have irregular heartbeats.

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PITUITARY SURGERY: WHAT YOU NEED TO KNOW

The goal of pituitary surgery is to remove the tumor from your pituitary gland that is causing your **adrenal glands** to make **too much cortisol**. Here are some important things to know:

- 1 Surgery may not always work**
Some people may not have normal cortisol levels after surgery
- 2 Surgery can take time to work**
It can take 2 to 12 months for symptoms to improve, or longer*. This is because cortisol levels are typically quite low after surgery. Low levels of cortisol can cause a flu-like feeling and other symptoms

- 3 Surgery results may not always last**
Some people have successful surgery and feel better for a while—even years—but then their Cushing's disease returns. This can mean that not all of the tumor was removed or that it has grown back
- 4 Surgery is not for everyone**
Some people aren't candidates for surgery

* He et al. Pituitary. 2022 Jun;25(3):393-403.
doi: 10.1007/s11102-022-01218-y. Epub 2022 Apr 26.

If surgery isn't enough, you may feel scared, angry, resentful—or all three. That's okay—but **you don't have to lose hope. Now is the time to advocate for yourself.**

The goal for anyone living with Cushing's disease is to lower and manage their cortisol levels. Aside from surgery, this can be done with medicine, like ISTURISA® (osilodrostat).

Important Safety Information: (continued)

- **Increase in Other Adrenal Hormone Levels:** Your other adrenal hormones may increase when you take ISTURISA. Your healthcare provider may monitor you for the symptoms associated with these hormonal changes while you are taking ISTURISA such as low potassium (hypokalemia), high blood pressure (hypertension), swelling (edema) in the legs, ankles, or other signs of fluid retention, excessive facial or body hair growth (hirsutism), acne (in women). Call your healthcare provider if you have any of these side effects.

Please see additional Important Safety Information throughout and the [Full Prescribing Information](#), including the Medication Guide.

IF SURGERY ISN'T ENOUGH

*Choose a link below
to get started.*

ISTURISA information

[How ISTURISA works](#)

[How ISTURISA helps](#)

[Taking ISTURISA](#)

Talking with your doctor

[Appointment tools](#)

[Conversation starters](#)

WHAT IS ISTURISA AND HOW DOES IT WORK?

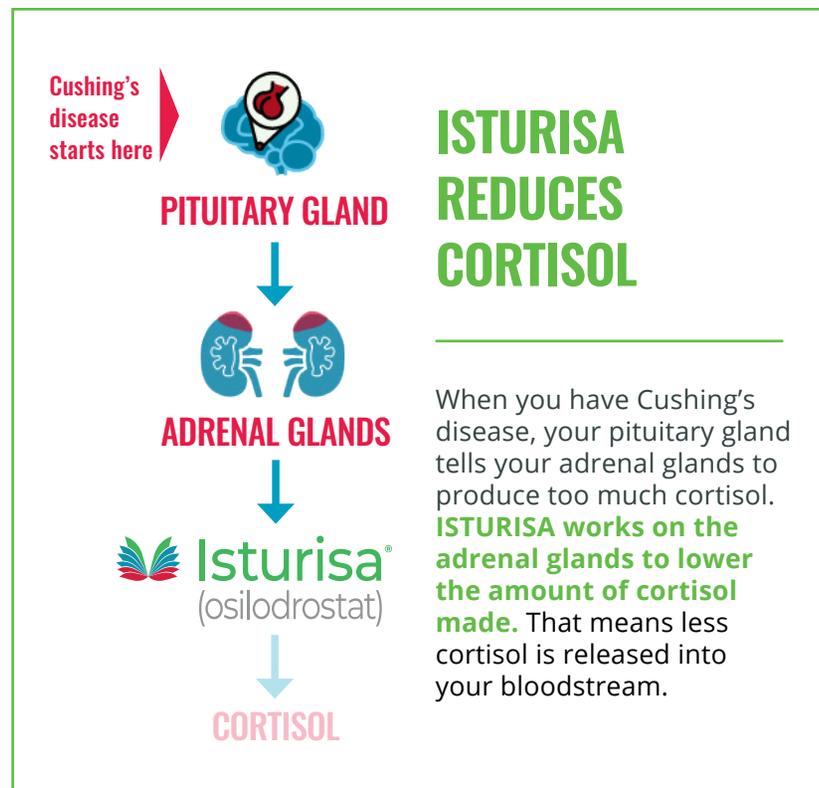


ISTURISA is a prescription medicine specifically for adults with Cushing's disease who either can't have pituitary surgery or who have had pituitary surgery but were not cured of their Cushing's disease.



[See tips for starting a conversation about ISTURISA with your endocrinologist](#)

TIP: Some endocrinologists specialize in treating disorders of the pituitary gland, like Cushing's disease. Check out local support groups and hospital websites if you want to find a specialist.



Important Safety Information: (continued)

• **Most common side effects include** very low cortisol levels (adrenal insufficiency), tiredness (fatigue), nausea, headache, swelling of the legs, ankles or other signs of fluid retention (edema). These are not all of the possible side effects of ISTURISA.

Please see additional Important Safety Information throughout and the [Full Prescribing Information](#), including the Medication Guide.

HOW CAN ISTURISA® (osilodrostat) HELP ME?

In clinical studies, ISTURISA was proven to lower cortisol levels. Check out the results of 2 clinical trials in patients with Cushing's disease below.

IN A STUDY OF 73 PATIENTS,
ISTURISA WAS PROVEN TO **WORK FAST**

77%

had normal cortisol
levels at 12 weeks

(P<0.0001)

81%

had normal cortisol
levels at 36 weeks

IN ANOTHER STUDY OF 137 PATIENTS,
ISTURISA WAS PROVEN TO **LAST LONG**

2 OUT
OF **3**

had normal cortisol
levels at 48 weeks



Improvements were seen in cardiovascular measurements. In a 48-week clinical study, improvements were seen in body weight, body mass index (BMI), blood sugars, blood pressure, and cholesterol*



Improvements were seen in depression symptoms. In a 48-week clinical study, scores on the Beck Depression Inventory decreased by 32% in patients taking ISTURISA†

* The study allowed for the use of blood pressure and diabetes medicines and dose increases in patients already taking these medicines. There was no control group. So, how much ISTURISA or these other medicines contributed to these specific benefits can't be clearly established.

† The Beck Depression Inventory is a 21-item self-report questionnaire used to evaluate the severity of depression.

Important Safety Information: (continued)

To report SUSPECTED SIDE EFFECTS, contact Recordati Rare Diseases Inc. at 1-888-575-8344, or FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.

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TAKING ISTURISA® (osilodrostat)

THE RIGHT DOSE BALANCES YOUR BODY'S RESPONSE

If your endocrinologist thinks ISTURISA may help you control your cortisol levels, **ask about your dose**. ISTURISA offers **flexible dosing options and comes in 2 different strengths** — 1 mg and 5 mg.

**Lowered
risk of side
effects**

**Normal
cortisol
levels**



ISTURISA is a tablet that you take twice a day, with or without food.

- Your endocrinologist will **adjust the dose** you need to normalize your cortisol while trying to **balance the risk of side effects**
- Your dose can be “titrated”—adjusted up or down depending on how you feel—throughout treatment

SIDE EFFECTS

Like all medicines, ISTURISA can cause side effects. The most common are listed below. Visit [ISTURISA.com](https://www.isturisa.com) to see other possible side effects. [↗](#)

- Very low cortisol levels (adrenal insufficiency)
- Tiredness (fatigue)
- Nausea
- Headache
- Swelling of the legs, ankles, or other signs of fluid retention (edema)



Want to hear directly from people taking ISTURISA? **Cushing's Conversations™** can connect you with someone who wants to help



Important Safety Information: (continued)

Before taking ISTURISA, tell your doctor about all of your medical conditions, including if you:

- have or had heart problems, such as an irregular heartbeat, including a condition called prolonged QT syndrome (QT interval prolongation). Your healthcare provider will check the electrical signal of your heart (called an electrocardiogram) before you start taking ISTURISA, 1 week after starting ISTURISA, and as needed after that.

Please see additional Important Safety Information throughout and the [Full Prescribing Information](#), including the Medication Guide.

PAINT THE COMPLETE PICTURE

Does this sound familiar? You wait for your doctor's appointment. The day arrives—but when you're asked, "What's going on?" you can't remember everything you wanted to say.

We can help

These next few pages are all about your symptoms. Print these pages, fill them out, and bring them to your next endocrinologist appointment. (Or, enter your information into this file, then print.)

Take your time. Consider everything, not just physical symptoms.

Any other symptoms? List them here:



PHYSICAL

- Excessive weight gain
- "Moon face"
- "Buffalo hump" (fat pad between the shoulders)
- Oily skin/acne
- Excessive hair growth (hirsutism)
- Reddish-purple stretch marks
- Poor healing of wounds
- Muscle weakness
- Easy bruising

EMOTIONAL/COGNITIVE

- Depression and/or anxiety
- Problems with memory/attention
- Difficulty sleeping

Important Safety Information: (continued)

Before taking ISTURISA, tell your doctor about all of your medical conditions, including if you:

- have a history of low levels of potassium or magnesium in your blood.

Please see additional Important Safety Information throughout and the [Full Prescribing Information](#), including the Medication Guide.

PRINT 

PAINT THE COMPLETE PICTURE

Make notes about your symptoms below and share them with your endocrinologist. Has your Cushing’s disease gone away and come back? **Your symptoms might be different now.** Take note if any are new with an “X”.

- | | | |
|--|-----------------------|--------------|
| <input type="radio"/> Excessive weight gain (Gained: _____ lbs) | Length of time: _____ | Notes: _____ |
| <input type="radio"/> “Moon face” | Length of time: _____ | Notes: _____ |
| <input type="radio"/> “Buffalo hump” (fat pad between the shoulders) | Length of time: _____ | Notes: _____ |
| <input type="radio"/> Oily skin/acne | Length of time: _____ | Notes: _____ |
| <input type="radio"/> Excessive hair growth (hirsutism) | Length of time: _____ | Notes: _____ |
| <input type="radio"/> Reddish-purple stretch marks | Length of time: _____ | Notes: _____ |
| <input type="radio"/> Poor healing of wounds | Length of time: _____ | Notes: _____ |
| <input type="radio"/> Muscle weakness | Length of time: _____ | Notes: _____ |
| <input type="radio"/> Easy bruising | Length of time: _____ | Notes: _____ |
| <input type="radio"/> Depression and/or anxiety | Length of time: _____ | Notes: _____ |
| <input type="radio"/> Problems with memory/attention | Length of time: _____ | Notes: _____ |
| <input type="radio"/> Difficulty sleeping (Avg night’s sleep: _____ hrs) | Length of time: _____ | Notes: _____ |

Important Safety Information: (continued)

Before taking ISTURISA, tell your doctor about all of your medical conditions, including if you:

- have liver problems.

Please see additional Important Safety Information throughout and the [Full Prescribing Information](#), including the Medication Guide.

PRINT 

START THE CONVERSATION

We get it. It's not always easy to talk with your doctor about Cushing's disease. Here are a few ways to start the conversation and get the information you need. Don't forget to take notes!



Below are some conversation starters that may apply to you:

"It's been _____ (months/years) since my pituitary surgery."

"I'm concerned because I have been experiencing symptoms."

"Are there any tests that can tell if my Cushing's disease is back or if I have Cushing's disease?"



Your endocrinologist may recommend medicine or another surgery. Let them know that you've been researching your options.

"I read about a Cushing's disease medicine called ISTURISA® (osilodrostat), which targets cortisol production in the adrenal glands. Is this an option for me?"

"How is ISTURISA different from my other options?"

Important Safety Information: (continued)

Before taking ISTURISA, tell your doctor about all of your medical conditions, including if you:

- are breastfeeding or plan to breastfeed. It is not known if ISTURISA passes into your breast milk. **You should not breastfeed** if you take ISTURISA and for 1 week after stopping treatment.

Please see additional Important Safety Information throughout and the [Full Prescribing Information](#), including the Medication Guide.

START THE CONVERSATION



The sample questions below can help you figure out how you feel about a second surgery.

“What could be different about a second surgery?”

“How likely is it that a second surgery will work?”

“Should the same neurosurgeon perform the second surgery? I understand it is a highly specialized procedure.”



Next steps

Important Safety Information: (continued)

Tell your healthcare provider about all the medicines you take, including prescription medicines, over-the-counter medicines, vitamins, and herbal supplements. Especially tell your healthcare provider if you take medicines used to treat certain heart problems. Ask your healthcare provider if you are not sure whether your medicine is used to treat heart problems.

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WE'VE GOT YOU COVERED

Once you are prescribed ISTURISA® (osilodrostat), you're eligible for enrollment in the **Recordati Access, Resources, and Engagement (R.A.R.E.™) Patient Support Program**.



INSURANCE COVERAGE AND ACCESS SUPPORT

Insurance specialists help you understand insurance coverage for your medicine and help you stay up to date with any changes in your coverage



COPAY AND FINANCIAL ASSISTANCE

If qualified, people with commercial insurance can get their medicine for a monthly copay of \$20. Those who are not eligible for copay support, or who need additional financial assistance, can be connected with alternative forms of coverage or get referrals to other possible sources of funding*



PATIENT ASSISTANCE PROGRAM

Provides additional financial support for people without insurance who meet certain financial requirements*



A DEDICATED R.A.R.E. NURSE AMBASSADOR

Answers your questions and supports you in meeting your treatment goals



SPECIALTY PHARMACY SUPPORT

Get your prescription filled by a specialty pharmacy partner who provides a pharmacist by phone 24/7, regular refill reminders, and shipment alerts

[Get more information about R.A.R.E. on ISTURISA.com](#)

*Restrictions, limitations, and/or eligibility requirements apply.

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Cushing's Conversations™

Talk with someone who knows

Cushing's disease is rare, but **you're not alone**—there are other people who know what it's like. Speaking with one of them might help you.

Cushing's Conversations is for people who have been prescribed ISTURISA® (osilodrostat) for Cushing's disease. Connect with others who truly understand what it's like and what to expect from treatment with ISTURISA. Speak to someone who has walked in your shoes, ask questions, and get support.

You can call to register for the program from 9:00 AM to 9:00 PM ET, Monday through Friday, at 1-888-259-8321 or visit us at CushingsConversations.com.

JOIN THE COMMUNITY

[Follow us on Facebook](#)

[Subscribe on YouTube](#)

[Sign up for Cushing's Conversations](#)

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Please see the [Full Prescribing Information](#), including the Medication Guide, for ISTURISA and talk with your healthcare provider.

ISTURISA is a licensed trademark and Cushing's Conversations is a trademark of Recordati Rare Diseases Inc. Trademarks, registered or otherwise, are the property of their respective owner(s).